



SPUD

SYLLABUS

THE "HOWS" AND "WHYS"
OF POTATO SELECTION
AND PREPARATION



POTATOES.COM

PURCHASING, HANDLING AND STORING

PURCHASING

Select the Washington potato variety based on:

- Menu use or recipe
- Cooking method
- Plate presentation
- Flavor
- Color
- Size
- Storability

Specify by variety, size, grade and number of cartons.

For example, for 140 baked potatoes, each to be served on a 10- to 12-inch plate with a 6- to 8-ounce portion of protein, specify: **Washington Russets, 70 count, Grade No. 1, 2 (50-lb.) cartons**



GRADES

Grades are standards of quality, established by the USDA, and determined by varietal characteristics (skin color and thickness), firmness, cleanliness, maturation and shape. Potato grades are determined after harvest. Potatoes must be free from freezing, disease and injury.

Specify Grade No. 1 for baked potatoes and other preparation where appearance and shape are important.

Specify Grade No. 2 for potatoes which will be peeled and cut – for mashing or hash browns, for example.

The pages for each basic preparation method give the best variety to use and also the grade to specify, as does the *Varieties By Usage Section* that follows.

SIZES

Russet sizes are determined by weight, with 10 sizes ranging from 35 per 50-pound carton (15 ounces each or over) down to 120 per 50-pound carton (4 to 8 ounces each).

Whites, reds, yellows and blues come in three sizes: A, B and C, measured by diameter.

A – have minimum diameter of 1 7/8 inches and are about 7 ounces each

B – are 1 1/2 to 2 1/4 inches in diameter

C – (also known as creamers) are a minimum of 1 inch in diameter

CARTON COUNT SIZE DATA (RUSSETS)

POTATO SIZE	POTATOES IN 50 LB. CARTON	RANGE OF WEIGHTS ALLOWED	AVERAGE UNCOOKED WEIGHT
35	33-37	15 oz. and over	22.0 oz.
40	38-42	15 oz. and over	19.2 oz.
50	49-52	12 - 19 oz.	16.0 oz.
60	58-60	10 - 16 oz.	13.0 oz.
70	66-72	9 - 15 oz.	11.5 oz.
80	78-82	8 - 13 oz.	10.0 oz.
90	90-95	7 - 12 oz.	9.0 oz.
100	100-105	6 - 10 oz.	8.0 oz.
110	108-115	5 - 9 oz.	7.3 oz.
120	118-130	4 - 8 oz.	6.5 oz.

HANDLING

At receiving, check shipment against specs for variety, size/count, number and condition of cartons.

- Avoid green-tinged, sprouted or bruised potatoes
- Handle with care – potatoes can bruise easily, so do not throw or drop boxes
- Move immediately into proper storage

TYPES BY USAGE



RUSSET

Bake, mash,
French fry,
roast



RED

Boil, steam,
roast, sauté,
scalloped/
au gratin,
soups, salads



WHITE

Boil, steam,
mash, French fry,
roast, scalloped/
au gratin, soups,
salads



YELLOW

Mash, steam,
bake, boil, roast,
French fry



BLUE/PURPLE

Boil, steam,
bake, microwave



FINGERLING

Boil, bake, steam

STORAGE

Proper storage conditions help maintain potato quality. Store potatoes for all uses except French frying (see French Frying page) in cool (42–45°F), dark, well-ventilated area, away from strong-smelling produce, such as onions and fruits which may transfer odors and gases, and preferably in closed or covered cartons and on pallets for air circulation.

DO NOT refrigerate, DO NOT freeze, DO NOT wash until ready to peel or prepare

Why? Temperatures higher than 45°F encourage sprouting and shriveling; lower than 42°F encourages transformation of starch to sugar, which changes the taste and cooking properties.

Direct light can cause greening (the production of chlorophyll) which gives a bitter flavor and, in very large quantities, can be harmful to eat. Trim or peel small green spots before preparation and discard very green potatoes.



PREPARATION

Scrub potatoes with vegetable brush under warm running water. Do not break skins. (Scrub non-russet potatoes gently because they have very tender skins.)

- You can arrange potatoes flat in dish racks and run through the dishwasher without detergent.
- Trim off any sprouts and peel any green-tinged portions.
- Cook with peel on, unless recipe directs otherwise.
- Cut or slice as basic method or recipe directs.

DISCOLORATION – Uncooked cut or peeled potatoes will discolor due to exposure to the air. Potatoes may first turn pink, then brownish, then dark grey – none of which is harmful and usually disappears during cooking.

To prevent discoloration, keep cut potatoes covered with cold water until ready to use – up to 2 hours.

Cooked potatoes may develop grey/blue/black areas as they cool. Just trim away the discolored portions.

Temperature changes during the growing season may cause some potatoes to develop harmless dark spots in the center. Simply cut out the dark spots – the potatoes are safe to eat.

NEW POTATOES are the freshly harvested small, young potatoes of any variety. Their skin is tender and they are very sweet. They do not need to be peeled. New potatoes are best used soon after harvest. They can be boiled, steamed or roasted. (Small round red potatoes are mistakenly described as new potatoes.)

BAKED POTATOES

Baked potatoes are so popular and so versatile that they star on menus from quick service to white tablecloth and take to toppings as diverse as truffle oil or bacon bits.

BEST VARIETY



Washington state is home to premier Russet potatoes. There are many varieties but some of the most common are the Russet Norkotah and Russet Burbank potatoes. Russets are also sometimes called bakers, baking potatoes, or chef potatoes.

WHY? High-starch/low-moisture Russets produce fluffy baked potatoes. The large starch granules absorb the internal moisture as they cook, then expand and burst, creating the mealy texture that is the standard of quality for baked potatoes. You may also see Russets described as having high solids – Washington Russet varieties average 20 to 24% solids.

PURCHASING

Washington state Russets come in 10 sizes, ranging from 35 to 120 count per 50-pound box. The most popular sizes for foodservice are 70s and 80s. Sizes within a single box may vary slightly, as long as the total weight is 50 pounds.

GRADE

Specify **Grade Number 1** because appearance and shape is important. Determine size based on usage.



BAKING TIPS

- Bake potatoes of the same size for even cooking and similar cooking times
- Larger potatoes will take longer to cook.
- Potatoes cooked on a baking sheet will need to be turned over for even cooking. Using a baking sheet makes for easier handling than baking directly on rack.
- Potatoes are done if tender when pierced with a fork or when internal temperature reaches 210°F.
- Hold potatoes in warming drawer or under heat lamp for no more than 20 minutes before serving.

FOIL OR NOT? Experts agree that wrapping potatoes in foil before baking actually increases the cooking time and, because steam is trapped, makes the skin and flesh soggy. Wrapping potatoes in foil after cooking does help hold temperature, but will also soften the skin.



PREPARATION

1. Scrub well with vegetable brush under warm running water. (Note: you can put potatoes in single layer on rack in dishwasher and run without detergent.)
2. Rub each potato lightly with cooking oil.
3. Pierce each potato several times with a fork to let steam escape.
4. Arrange in even layer on baking sheet.
5. Conventional Oven: 425°F for 50 to 55 minutes for 90 count. Adjust time up in 5 minute increments for larger potatoes.
6. Convection Oven: 375°F for 50 to 55 minutes for 90 count. Adjust time as for conventional baking.

To serve – Cut cross in top, then squeeze ends and push to center. Fluff with fork.

MICROWAVE BAKED POTATOES

Baking potatoes in the microwave works well for small quantities. Microwaved potatoes do not have the same crisp skin as potatoes baked in conventional or convection ovens.

1. Scrub potatoes and pierce as for baked potatoes.
2. Wrap each potato in microwave-safe paper towel.
3. Place end to end in single layer in circle in oven, with about 1 inch between each potato.
4. Cooking time will vary with size of potatoes and wattage of oven.
5. Microwave on High using times below as guideline.
6. Turn potato over and change position in the oven halfway through cooking time.
7. Let stand, still wrapped in paper towels, 5 minutes to complete cooking.

APPROXIMATE COOKING TIMES

for (8-ounce) potato in 1000 watt microwave

1 potato – 5 minutes 2 potatoes – 7 to 8 minutes 4 potatoes – 13 to 15 minutes



BOILED POTATOES

Boiling is the basic preparation method for mashed potatoes, potato salads and many other recipes.



Potato Tuna Salad

BEST VARIETY

All Washington state potato varieties boil well. Use the variety and size specified in the recipe.



GRADE

Specify Grade Number 1 – if potatoes are to be served whole and unpeeled.

Specify Grade Number 2 – if potatoes will be peeled and cut.

PREPARATION

1. Scrub well with vegetable brush under warm running water.
2. Peel and cut as recipe directs. Note: you can also remove peels after boiling.
3. Cut into same-size pieces for even cooking.
4. Place potatoes in large pot or steam-jacketed kettle. Add cold water to cover completely. Add several pinches salt.
5. Heat to boiling, then reduce heat to simmer and simmer until potatoes are tender when pierced with a fork, about 20 to 30 minutes, depending on size. If cooking on top of range, cover during simmering time.
6. Drain well. If recipe requires distinct pieces, drain potatoes in small batches in a colander so that pieces aren't crushed at the bottom of the colander.
7. Dry potatoes by returning to pot and placing, uncovered, over very low heat.
OR return to pot and place paper towel between pot and lid.
OR arrange in single layer on sheet pan and hold in warm oven.

Remove peels, if recipe directs, as soon as potatoes are cool enough to handle.

Steaming is a good method to cook potatoes for mashing or for salads.



Sausage Pepper Potato Sauté

BEST VARIETY

Reds, yellows/golds, whites and purple/blues.



GRADE

Specify Grade Number 1 – if potatoes are to be served whole and unpeeled.

Specify Grade Number 2 – if potatoes will be peeled, sliced or cut.

PREPARATION

1. Scrub well with vegetable brush under warm running water.
2. Peel and cut as recipe directs. Note: you can also remove peels after steaming.
3. Cut into same-sized pieces for even cooking.
4. Place on rack over 1 /2 inch boiling water or in steamer tray.
5. Cover tightly or close steamer
6. Steam until tender:
In pressure steamer 25 to 30 minutes.
In convection steamer 40 to 44 minutes.

MORE RECIPES WITH PHOTOGRAPHS ARE AVAILABLE AT

POTATOES.COM

MASHED POTATOES

Mashed potatoes are a popular side and also the basis for many favorite potato dishes, including potato cakes, Shepherd's Pie and others.



Parsnip Mashed Potatoes

BEST VARIETY

Washington state Russets, whites, yellow/golds.



GRADE

Specify Grade Number 2 – since potatoes will be peeled and cut and appearance is not important.

PREPARATION

1. Scrub potatoes with vegetable brush under warm running water.
2. Peel or not (potatoes mashed with peels on appear on some menus).
3. Cut into even-sized chunks
4. Cook by one of the following methods – times are based on 6 pounds of potatoes
Steam-jacketed kettle – place potatoes in steam-jacketed kettle. Add cold water to cover. Add several pinches of salt. Heat to boiling, then reduce heat to simmer and cook until pieces are tender, about 20 to 30 minutes, depending on size of pieces.
Pressure steamer – arrange cut potatoes in trays. Steam until tender, about 25 to 30 minutes.
Convection steamer – arrange cut potatoes in trays. Steam until tender, about 40 to 45 minutes.
Top of range – place potato pieces in large pot. Add cold water to cover. Add several pinches of salt. Heat to boiling, then reduce to simmer. Cover and simmer until tender, about 30 to 45 minutes, depending on size of pieces.
5. Drain very well. Dry potatoes by returning to pot and placing, uncovered, over very low heat. OR return to pot and place paper towel between pot and lid. OR arrange in single layer on sheet pan hold in warm over.

Fluffy mashed potatoes – Press potatoes through food grinder, food mill, ricer or food grinder. For 6 pounds of cooked potatoes, mix with 1 to 1 ½ pints hot milk or half and half, 3 to 4 ounces butter, 1 1/2 teaspoons salt and dash pepper.

Whipped mashed potatoes – Use electric mixer, place drained potatoes in mixer bowl with whip and add hot milk, butter, salt and pepper. Whip 1 minute at low speed, then 1 minute at high speed. DO NOT overbeat or potatoes will become sticky and shiny because overmixing breaks down the starch.

Hold mashed potatoes covered, on preheated steam table or warmer, for no more than 60 minutes.

Mashed Potatoes from Leftover Baked or Cooked Potatoes – steam until heated through, then mash as above.

A delicious method to bake sliced potatoes with milk or a favorite sauce.

BEST VARIETY

Washington state reds, whites, yellow/golds.



GRADE

Specify Grade Number 2 – since potatoes will be peeled and cut and appearance is not important.

PREPARATION

1. Scrub potatoes with vegetable brush under warm running water.
2. Peel. Slice 1/8 to 1/16 inch thick, depending on recipe directions.
3. To shorten total baking time, par-cook potatoes in liquid used in sauce. Drain, reserving liquid for sauce.
4. Layer slices in buttered or oiled hotel pans.
5. Pour hot white or cheese sauce (or as recipe directs) over potatoes. Shake pans gently to distribute sauce.
6. Sprinkle tops with buttered bread crumbs for Au Gratin.
7. Bake in 325°F. conventional oven until potatoes are tender and top is golden brown, about 1 hour. If potatoes are done before top browns, run under salamander or broiler to brown top.
8. Let stand 10 minutes before cutting squares to serve.

Spanish Tortilla



FRESH CUT FRIES



PURCHASING

Specify Washington state Russets Grade No. 2, since grade is based on appearance and shape. Potatoes will be cut and external appearance is not as important as for baking.

(See Chart on Baked Potato page for Carton Count size and average uncooked weights per carton.)

STORAGE

Russet potatoes to be French fried should be stored at 45° to 55°F from time of harvest until ready to use. If stored at temperatures less than 45° the starch turns to sugar and the fries will darken, caramelize and soak up the cooking oil, yielding greasy fries. Potatoes coming out of storage in the late fall/early winter are best for fresh-cut French fries.

BEST VARIETY

Washington state Russets.



As with Baked Potatoes, Russets are best for frying because they are high in solids (high in starch, low in moisture) and result in a fluffy center.

GRADE

Specify Grade Number 2 – since potatoes will be peeled and cut and appearance is not important.

PREPARATION

1. Scrub potatoes with vegetable brush under warm running water. (Note: you can put potatoes in single layer on rack in dishwasher and run without detergent.)
2. Peel or leave peel on. Peel-on French fries are very popular on many menus. Cut with knife into 3/8-inch thick sticks, use French fry cutter, cut into smaller julienne strips or use a rotary cutter for curly fries.
3. For crisp fries, chill the cut fries in cold water to cover with 1 ounce lemon juice per gallon water to prevent discoloration. Refrigerate for 1/2 hour to 2 hours before frying.
4. Rinse, drain well or spin dry and dry on paper towels. (Any moisture left on potatoes will cause spattering in the fryer and could be dangerous.)
5. Heat high quality vegetable oil in 5-gallon fryer to 375°F. Add 2 pounds prepared potatoes to fryer basket. Lower into oil and cook until golden brown and cooked through, about 4 to 5 minutes.
6. Do not salt potatoes before frying or while in fryer – salt causes the oil to break down.
7. Lift basket out of oil and drain. Turn potatoes into towel-lined pan. Sprinkle with salt.

To serve – Place hot fries on heated plate with entrée, in basket or in cone lined with parchment paper. Serve with ketchup, mayonnaise or other preferred sauces.

For Frozen French Fries, cook according to manufacturer's directions.

BLANCHED OR DOUBLE-FRIED POTATOES:

Double-frying is the French method and is much preferred by many. The double-frying creates a fluffy inside and crisp exterior.

PREPARATION

1. Scrub, cut and dry as for fresh-cut fries.
2. Add potatoes to fryer basket and fry at 350°F until tender but not brown, about 2 to 3 minutes.
3. Drain well and turn out into towel-lined pan. Let cool to room temperature or refrigerate, uncovered, until ready to fry for service.
4. For service, increase fryer temperature to 375°F. Place chilled fries in basket and fry until golden brown and crisp. About 2 minutes.
5. Lift basket out. Drain well and sprinkle with salt.

Do not salt potatoes before frying or while in fryer – salt causes the oil to break down.

Do not hold under warming lights or in warming cabinet for more than 5 minutes.



Potato processors turn Washington potatoes into an amazing assortment of French fry products. See Processed Products on Page 16.

Poutine
Cordon Bleu



SAUTÉED

Sautéing is a method of quickly frying in a little hot fat. Examples of Sautéed Potatoes are Home Fries, Potato Pancakes, Hash Browns, Potatoes Anna, Rosti.

BEST VARIETY

Washington state reds, whites, yellow/golds, and purples



GRADE

Specify Grade Number 2 – since potatoes will be peeled and cut and appearance is not important.



Pommes Annette

PREPARATION

1. Scrub potatoes with vegetable brush under warm running water.
2. Peel or not, depending on recipe directions.
3. Hold in cold water to cover, if prepared in advance. Then drain well and pat dry.
4. Par-cook by boiling or steaming.
5. Cut 1/4-inch or 1/2-inch slices for Potato Anna or home fries, or 3/4-inch cubes or shreds for Hash Browns, shreds for Potato Pancakes or Rosti, following recipe directions.

Hash Browns

On grill or griddle: Cook hash browns on preheated and oiled 375°F grill or griddle until browned on bottom, about 8 minutes. Turn and brown on second side.

In skillet: Use skillet large enough to hold potatoes without crowding. Add enough oil to cover bottom of skillet and heat, over medium-high heat, until hot. Add potatoes in single layer. Cover and cook until browned and tender, stirring or shaking pan occasionally for even browning. Cooking time will be about 6 minutes for par-cooked potatoes, 10 if potatoes have not been par-cooked.

Potato Pancakes or Rosti, follow recipe directions.

Do not hold Sautéed Potatoes more than 5 to 10 minutes before serving.

Roasting is a good method to cook potatoes for salads and sides.

BEST VARIETY

All Washington state potato varieties roast well.



GRADE

Specify Grade Number 1 – if potatoes are to be roasted whole and unpeeled.

Specify Grade Number 2 – if potatoes are to be peeled and/or sliced.

Note: Select same-sized potatoes if to be roasted whole.



Roasted Southwest Many Potato Salad

PREPARATION

1. Scrub well with vegetable brush under warm running water.
2. Peel or not, depending on recipe.
3. Cut into quarters or same-sized pieces. Pierce whole potatoes
4. Pat pieces dry.
5. Brush or toss pieces with oil or other fat (roast drippings, clarified butter, poultry fat).
6. Sprinkle with salt. Sprinkle with chopped herbs, if desired.
7. Arrange in single layer in roasting pan, leaving a little space between each potato or piece for even browning.
8. Roast at 425°F in conventional oven, 375°F in convection oven, stirring several times for even browning, until tender, about 1 hour for whole 6-ounce potatoes.

MORE RECIPES WITH PHOTOGRAPHS ARE AVAILABLE AT

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VARIETIES FOR FRESH USE

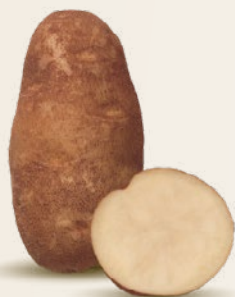
Potato varieties are designed to meet growing and culinary demands: soil, temperature, pest resistance, size, skin color, harvesting, yield, grade, cooking method, flavor, texture and presentation.

Washington grows many potato varieties – some in Central and South Central Washington and some in Northwestern Washington, some for fresh usage and many for processing into frozen French fries, for dehydrated potato products and for chips.

Washington growers recommend the following varieties for fresh (tablestock) usage. The varieties listed under each category are representative of those currently grown in Washington. Availability of different varieties changes from month to month because of their popularity and from year to year as farmers try to meet demands of the market and check out new varieties.



RUSSETS



The Russet, named for its netted reddish-brown skin, is the most widely used variety in the U.S. Russets are handsome potatoes – long, slightly rounded in shape and with a few shallow eyes. Russets range in size from hefty one-pounders (or more!) to 6 ounces. Purchase them by count in 50-pound cartons (see the Carton Count Size Data on the Baked Potato page).

Russets have white flesh and are high in starch (solids), which means they are the preferred variety for baking, mashing and French frying. Because they are THE choice for baking, they are sometimes called bakers or baking potatoes.

REDS



These round, waxy potatoes, which range in size from 1 inch in diameter to 2½ inches or larger, have smooth red skins and white flesh. They are lower in starch than Russets or whites, have a firm texture and hold their shape when cooked. Reds are good for boiling, roasting, steaming, in casseroles (scaloped and au gratin) and in soups and salads. You will sometimes see them mashed with their signature skins visible throughout. Reds should have firm, smooth skin, a bright red color and just a few shallow eyes. Reds are sold by size (see size listings on Purchasing, Handling and Storage page).



WHITES

Washington State grows both round whites and long oblong-shaped whites. These smooth-skinned white or off-white potatoes have white flesh and few and shallow eyes. They have less starch than Russets and work well in a variety of preparations: boiling, steaming, baking, roasting, in soups and salads, and as scalloped or au gratin potatoes.



YELLOWS/GOLDS

These golden skinned and fleshed potatoes are growing ever more popular on menus for their color, dense creamy texture and buttery flavor. Yellows/golds are all-purpose potatoes – good for baking, French frying, boiling, mashing or roasting.



BLUES/PURPLES

Blue/purple potatoes originated in the motherland of all potatoes – South America. They are a specialty potato, grown in Washington's fertile Skagit Valley. These potatoes are sold by size, mostly A (a minimum diameter of 1 7/8 inches and about 7 ounces each). They are oval, with deeply colored skin and flesh, which does lighten in color during cooking. Blues/purples have a texture much like Russets, so they are good to bake, mash, French fry or even make chips. They can also be boiled or steamed.



FINGERLINGS

These small, elongated potatoes are indeed finger-sized (2 to 4 inches long). Their name is of German origin and refers to fish. Fingerlings are waxy, firm and flavorful. They can be steamed, baked, boiled and used in salads.

PROCESSED PRODUCTS

WASHINGTON POTATOES COME TO KITCHENS AND PLATES IN AN AMAZING ARRAY OF READY-TO-COOK POTATO PRODUCTS.

- 87% of Washington's potatoes go into processed products
- Potato farmers work with processors to grow varieties perfect for each product type
- Created to meet today's menu needs and customer tastes
- Ongoing research and innovation in varieties, processing and preparation techniques
- Dehydrated, frozen, formed, chips and special products for ingredient use are available in all shapes, sizes and forms
- Request the Washington State Potato Commissions Market Directory for list of suppliers of all the products



FRENCH FRIES

Probably the most universal of all potato products – on every menu, at every daypart.

- Straight cut, steak cut, lattice cut, platter cut, wedges, waves, slices and more
- Available pre-cooked, pre-seasoned, coated, skin on
- Select size and shape to fit the menu, the plate, the operation
- Follow manufacturer's directions for handling, storage, preparation
- Pay attention to oil quality, fryer efficiency



DEHYDRATED POTATOES

Convenient, labor-saving, easy to store and handle, cost-effective, great taste.

- For mashed potatoes, coating, thickening, baking, binding, extending, breading, crusts and more
- Available as flakes, granules, flour/powder/starch, sliced, diced, shredded, dehydrofrozen
- Recipes and helpful information available from processors

THIS WINNING ENTRY FROM THE COMMISSION'S RECENT RECIPE CONTEST FOR STUDENT CHEFS DEMONSTRATES FLAVORFUL USAGE OF DEHYDRATED POTATO FLAKES.

COUNTRY FRIED STEAK WITH POTATO COUNTRY GRAVY AND POTATO DROP BISCUITS



PREPARATION

Biscuits: Preheat oven to 400°F. In large bowl combine all dry ingredients. Using pastry blender, fingertips or food processor, cut butter into flour/potato mixture until mixture resembles coarse meal. Gradually stir in buttermilk until all dry ingredients are moistened. Drop dough by rounded tablespoonsful onto parchment-lined baking sheet. Bake until biscuits are golden brown and cooked through, about 15 to 20 minutes.

Gravy: While biscuits are baking, in large skillet over medium-high heat, brown sausage, breaking up with wooden spoon. Add milk, reduce heat to medium-low and stir to scrape up all sausage bits from bottom of pan. Sprinkle in potato flakes, paprika and peppers and cook, stirring occasionally, until thickened, about 8 to 10 minutes (use higher amount of potato flakes if you prefer thicker gravy). Keep warm while cooking steaks.

Steak: Combine potato flakes, pepper, paprika, salt and cayenne in shallow pan. In mixing bowl, beat eggs and buttermilk until blended. Pat steaks dry. Dip each steak in egg mixture, then in potato flakes, then again in egg and again in potato flakes. In large skillet over medium-high heat, heat oil. Add steaks and cook until golden brown and crisp, about 3 minutes per side.

Place each steak on warmed serving plate and top with gravy. Serve biscuits on the side.

INGREDIENTS

Potato Drop Biscuits:

- 1 3/4 cups all-purpose flour
- 2 cups dehydrated potato flakes (instant mashed potatoes)
- 1 1/2 tablespoons baking powder
- 1 tablespoon sugar
- 1 1/2 teaspoons salt
- 1/2 cup unsalted butter, cold
- 1 1/4 cups buttermilk

Potato Country Gravy:

- 1/2 pound bulk pork breakfast sausage
- 3 cups whole milk
- 1/2 to 2/3 cup dehydrated potato flakes
- 1 teaspoon paprika
- 1/2 to 1 teaspoon black pepper
- 1/4 teaspoon cayenne pepper

Steak:

- 2 cups dehydrated potato flakes
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 eggs, beaten
- 1/3 cup buttermilk
- 6 (3- to 4-ounce) cube steaks
- 2 tablespoons oil

GOOD NEWS ABOUT POTATOES

Potatoes have always been an essential part of almost every foodservice menu because they are popular, flavorful, versatile, satisfying, easy to prepare and plate, readily available in a variety of forms, and profitable.



NATURALLY NUTRITIOUS

Potatoes are vegetables and are naturally nutritious. Potatoes are *nutrient dense*, meaning they supply a bounty of nutrition benefits for very few calories.

A MEDIUM (5.3-OUNCE) POTATO WITH SKIN HAS:

- No fat
- No cholesterol
- No sodium
- No gluten
- Vitamin C (45% of the daily value)
- 620 mg potassium (more than a banana, spinach or broccoli)
- 10% of the daily value of B6
- Just 110 calories
- Trace amounts of thiamine, riboflavin, folate, magnesium, phosphorous, iron, and zinc

POTATOES CONTAIN ANTIOXIDANTS

The amount and type depend on the variety of potato, but the predominant antioxidants are certain carotenoids and anthocyanins.

POTATO PARTNERS ARE KEY TO HEALTHY MENU ITEMS

Potatoes have long been the vehicle for rich toppings and sauces, but they play well with healthy, low-fat toppers and seasonings.

- Focus on flavor rather than fat. For example, in mashed potatoes, use olive oil, broth or yogurt and season with fresh herbs, chiles or other spices with spunk. And offer smashed potatoes, with skins on, since many nutrients lie just below the skin.
- Substitute mashed potatoes for cream and butter in puréed soups or even sauces, for rich texture but without the fat.
- Menu a variety of offerings of low-fat, high-flavor toppings for baked potatoes, fries or chips, such as salsa, yogurt-based sauces, signature toppings or barbecue sauces, reduced or nonfat sour cream, diced roasted vegetables, tapenade, seasoning blends or chopped fresh herbs.



THE POTATO (*SOLANUM TUBEROSUM*)

is a tuber, the thickened underground stem of the potato plant, wonderfully designed by nature for the storage of starch.

That starch and the moisture content of the potato are its main characteristics. The amount of each in a particular variety determines the best cooking method.

IDEAL CONDITIONS

Potato experts agree on five ideal conditions for production of high solids/high starch russet potatoes:

1. Favorable soil
2. Day length/latitude advantage
3. 150+ day growing season
4. Warm days/cool nights during bulking period
5. Controlled irrigation

Washington meets or exceeds them all.

RESEARCH

Research programs through USDA, Washington State University and other groups continue to assist Washington's growers in growing better quality potatoes and increasing yields. Researchers are constantly working on improving varieties and evaluating new varieties, studying techniques to keep plants healthy and improving modern handling and storage procedures.

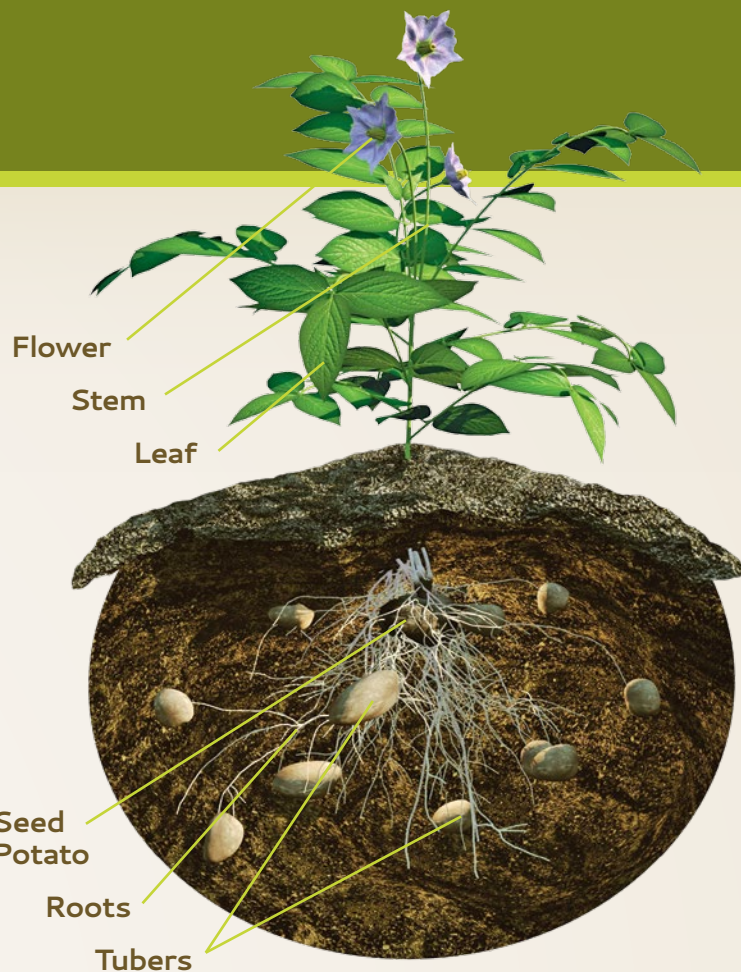
WHY WASHINGTON?

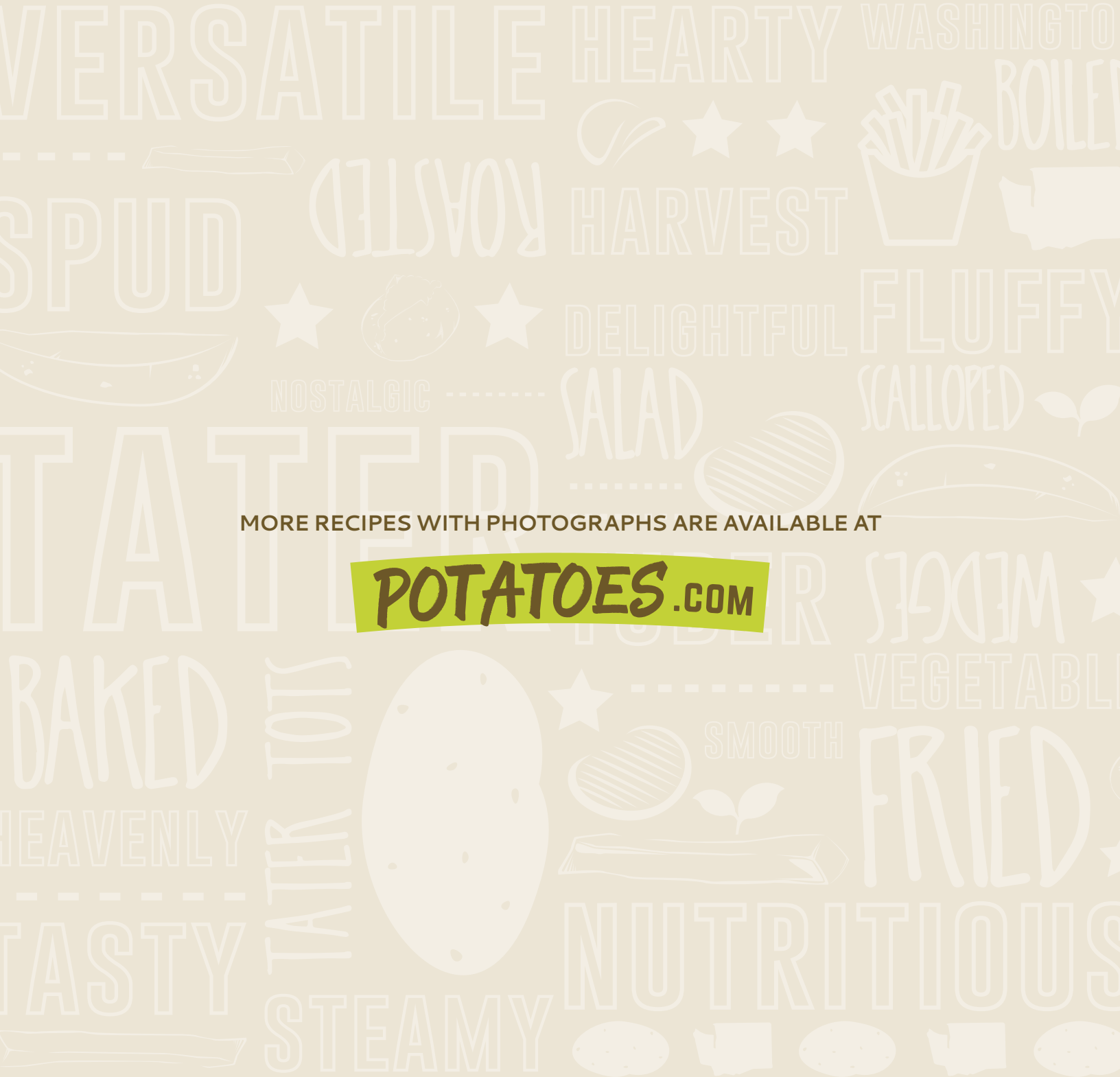
It's the geography and the growers. Washington has two distinct growing areas: The Columbia River Basin in Central Washington and the Skagit Valley between Seattle and the Canadian border.

The Columbia River Basin is THE most productive potato growing region in the world, thanks to the tilt of the globe that results in long warm days, cool nights and a longer growing season. Because rainfall is limited, growers irrigate with water from the Columbia Basin Reclamation Project and the Columbia River. This allows them to carefully control the amount of water and nutrients to each field, creating optimum conditions.

The Skagit Valley has a mild marine climate and rich soil – perfect for growing premium red, white, yellow/gold and blue potatoes.

Growers in both regions take pride in the high standards they have set for growing the perfect potato and are proud of their stewardship of the land and the water. These growers are among the nation's leaders in adopting sustainable crop management practices and new production techniques, based on years of experience and ongoing crop and production research.





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